



DEARMAN

1. **D**escribe the situation.
2. **E**xpress: I feel ...
3. **A**ssert: I would like ...
4. **R**einforce: The benefit would be ...
5. **M**indful: Stay focused on your goal. (no arguing)
6. **A**ppear: Confident. Use a calm, respectful tone.
7. **N**egotiate: Be willing to discuss alternatives.

Remember: Healthy communication is not about controlling others. It is about expressing your needs clearly, respectfully, and confidently while remaining open to compromise when appropriate.